



1922 2022

A Century of Conservation Leadership

THE IZAAK WALTON LEAGUE OF AMERICA

Suffolk-Nansemond Chapter



S-N IWLA Chapter Newsletter

The Blue Heron Times (January, 2025 Issue)

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Suffolk Nansemond Chapter of
the Izaak Walton League of
America

Meetings

Chapter Board of Directors meetings are held on the second Monday of each month. The last Board meeting was held on **Monday, January 13th** at the Constantia House behind Baker's Funeral Home. Next month's Board meeting will be held at **7pm on Monday, February 10th** at the same location.

Chapter Members Dinner meetings are held on the 3rd Wednesday of each month. The next chapter dinner meeting will be held at **6:30pm on Wednesday, January 15th**, at the Oakland Church Community Life Center in Chuckatuck located at 5641 Godwin Blvd, Suffolk, VA 23434.

The dinner menu will be barbecue, baked beans, coleslaw, potato salad, rolls, iced tea, and assorted desserts. The cost will be \$10. The guest speaker is unknown at the time of this publication.

Calendar of Events

You can review our full chapter website calendar online at <https://sniwla.org/sniwla/calendar> for the most recent information about meetings and upcoming events. A courtesy extract through the end of **March 1st, 2025** is shown below:

SAT 1-4 at 10am – Prospective Member Orientation.

MON 1-13 at 7pm – Board Meeting.

WED 1-15 at 6:30pm – Dinner Meeting.

SAT 2-1 at 11am – Prospective Member Orientation.

MON 2-10 at 7pm – Board Meeting.

WED 2-19 at 6:30pm - Chili Cookoff Dinner Meeting.

SAT 3-1 at 11am – Prospective Member Orientation.

*Note: Events marked with an *asterisk count towards work hour credits for meeting the chapter's annual membership volunteer participation requirement.*

HOLIDAYS and COMMUNITY EVENTS

1/20 - Martin Luther King, Jr. Day.
2/17 - President's Day.

Membership Dues are Due

Members, this is another reminder that you should have received the 2025 membership renewal notice and for those who did not provide 8 hours of service to the chapter in 2024, an invoice for a \$50 fee as well. You can mail your payment to the Membership Chair, Alan Ferguson, at 3231 Matoaka Road, Suffolk, VA 23434.

You may also pay your dues at the January 15th dinner meeting. Members paying their dues after the dinner meeting will be assessed a \$20 late fee.

President's Note

Another new year stretches out before us. Full of promise, full of wonder, full of mystery. It is ours to make the best of it. I hope everyone had a good holiday.

Of course, it looks like Mother Nature has other plans. Many locations in the country are reporting the coldest, snowiest winter in a decade or more. Too early to tell if we will escape it locally. Mind yourselves, your vehicles. And your animals to ensure safety against the cold weather.

On March 1, 1980, the biggest snow in nearly a century buried Hampton Roads under 13.7 inches of snow and left circus-goers snowed-in at Norfolk. We always joked afterwards that we were not safe from winter until the circus left town.

We accomplished a good deal last year and have big plans for this year. Be sure to pitch in to help and enjoy other's companionship.

IWLA State/National

[IWLA Virginia Division](#)

[IWLANational](#)

Backyard Conservation News

[AskHRgreen.org](#)

[Chesapeake Bay Foundation](#)

[Department of Conservation & Recreation](#)

[Division of Wildlife Resources](#)

[Hoffler Creek Wildlife Foundation and Preserve](#)

[Nansemond River Preservation Alliance](#)

[SCCC - Suffolk Clean Community Commission Recycling](#)

[TerraScapes Environmental Consulting](#)

[The Wildlife Society](#)

[Virginia Conservation Network](#)

[Virginia Master Naturalist](#)

Classifieds

[Chuckatuck Trading Post](#)
(757)255-9295
5969 Goodwin Blvd,
Suffolk, VA 23452

[Suffolk Radio & TV Service](#)
Radio/Television Repair
(757)539-2110
536 W. Washington Street
Suffolk, VA 23434

[Appomatox River Company](#)
(757)890-0500
3009 W. Mercury Blvd.
Hampton, VA 23666

[Arzillo Recycling \(Scrap Metal\)](#)
(757)539-8593
Locations: Suffolk & PTMS Blvd

Youth Scavenger Hunt

Message from Board Member/Youth Program Coordinator Chris Trimpey

Our S-N IWLA chapter plans to conduct a Youth Scavenger Hunt in 2025. In order to make this happen, items such as snake shed skins, turtle shells, deer horns and other items that might be discovered while walking in the woods are needed. If you have anything to donate please contact Chris Trimpey, our chapter Youth Program Coordinator, at **(757) 449-4910**.

I don't know where I'm going from here, but I promise it won't be boring. --David Bowie

Respectfully Yours,

Chris Ferguson,
Chapter President,
Suffolk-Nansemond IWLA

February Chili Cook-off

Members, once again, we're planning to hold the annual chapter Chili Cook-off on **February 19th** for our monthly chapter dinner meeting. Chapter Ike Joyce Dugan is coordinating the event. Last year's Gold and Silver Spoon award winners Greg Syvertson and Virginia Wahab, who shared the 1st place award in a tie, are looking for some competition this year! So, if you want to sign up as a volunteer to bring a pot of chili, a plate of cornbread, or a dessert, please click on this link: [SignupGenius](#) where you can enter your contact information and what you plan to bring.

Any questions, please contact Joyce at joycedugan53@gmail.com.

Membership Participation Policy Changes effective January 01-2025

The Board of Directors made changes to the Membership Participation Policy at their November Board meeting. The Board was prompted to make these changes to encourage participation by its members in chapter events and activities. The following committees schedule service events throughout the year and give a variety of opportunities to earn service hours.

Adopt-A-Road	Park Maintenance
Food & Facilities	Save Our Streams
Fund Raising	Scholarship
Membership Orientation	Youth Programs

You can find a written summary of the activities for each committee on the chapter website at <https://sniwla.org/sniwla/committees/>.

As new members to the chapter, we each swore an oath that in part states; I "will participate in the activities of the Chapter and whenever called upon assist in Special Committee functions." The chapter needs your participation. The chapter conducts fund raisers to pay the expenses of the chapter which include property taxes and insurance. We need money to make repairs to the structures and facilities at the park. Each year the chapter promotes a college scholarship opportunity that requires us to raise funds. In addition to raising money, we need your labor to complete tasks at the park such as the park cleanup days,

the dam remediation project and the numerous maintenance projects at the firearm or archery ranges. We are a civic service organization that promotes Fellowship, Goodwill, and Community Service through Adopt-A-Road, Save-Our-Streams and youth programs such as the Fishing Rodeo and Teddy Bear Hunt. On average more than 50% of the chapter membership do not provide 8 hours of service and have opted to pay the participation fee.

The changes to the policy were implemented on January 1, 2025. The most significant change the Board has made to the policy is in regard to members not meeting their obligation to provide 8 hours of service to the chapter. The Board increased the participation fee from \$50 to \$150. The Board of Directors wants your participation and involvement in chapter activities. As has always been the case, the fee cannot be prorated for hours of service less than 8 hours.

The next change is to give our Senior members, 75 years old and older, a reprieve from the required 8 hours of service. We welcome our senior members participating in chapter activities and many log in numerous hours of service each year, but they are no longer required to provide 8 hours of service. The year a member turns 75 the Membership Committee will issue a written waiver from requiring them to participate in service projects yet their continued participation is more than welcome.

Lastly, the following requirement will be imposed in 2025: "All completed participation forms are required to be submitted to the Membership Committee by December 1st in order to be credited for the required service hours." Note that this is not a change to the policy but rather a clarification of the due date, and it is incumbent upon the member to ensure that your hours are credited; do not rely on the event organizer to record your presence. The membership committee will not be able to authorize individual work credit hour tasks during December. If you work credit hours during December they will be applied to the following year. Service projects are reported in the chapter newsletter, posted on the chapters calendar and announce at dinner meetings.

To see the Membership Participation Policy click on the link below:
<https://sniwla.org/sniwla/membership-info/membership-participation-policy/>

To see the chapter calendar and the upcoming events click the link below:
<https://sniwla.org/sniwla/calendar/>

If you have questions or concerns, you may raise them to any of the 9-Board Members or 4-Chapter Officers. You may also raise them with the Membership Chair who can answer your questions or bring your concern to the attention of the Board of Directors.

Alan Ferguson,
Membership Chair

Do You Have a Favorite Recipe that You'd Like to Share?

Message from Claudia Powell, Food&Facilities Chair

Members, if you have a favorite recipe you'd like to share with your fellow Ikes, please send it to me at powelcje@gmail.com for publication in our monthly newsletter. Thank you!

Recipe of the Month - Moo Shu Chicken

Source Credit: <https://diethood.com/moo-shu-chicken/> by Katerina, Serves 4



Ingredients for Marinade:

- ½ cup hoisin sauce
- ¼ cup rice wine vinegar
- ¼ cup orange juice
- ¼ cup soy sauce or coconut aminos
- ½ tablespoon toasted sesame oil
- 2 teaspoons freshly grated ginger, or use 1/4 teaspoon ground ginger
- 4 cloves garlic, minced

Ingredients for Moo Shu:

- 1 to 1½ pounds boneless skinless chicken breasts thinly sliced 1½ inch strips
- 4 tablespoons avocado oil, divided
- 2 large eggs, whisked
- 2 cups sliced shiitake mushrooms
- 2 cups carrots and cabbage coleslaw mix
- 1 cup bean sprouts
- 6 scallions sliced, whites and greens separated
- sea salt
- freshly ground black pepper

Instructions for the Marinade:

1. Put the marinade ingredients as listed above in a large bowl and mix them until well combined.
2. Add the chicken to the marinade and toss to coat.
3. Cover and let marinate in refrigerator 30 minutes.

Pancakes for Wrapping Moo Shu:

For wrapping the Moo Shu Chicken, you can learn how to make your own pancakes by clicking on [Mandarin pancakes](#) or by entering this URL in your browser:

<https://www.karenskitchenstories.com/2020/02/mandarin-pancakes-for-moo-shu-pork.html>

Moo Shu Cooking Instructions:

1. Once chicken is finished marinating remove from refrigerator, let sit for few minutes.
2. Meanwhile, heat 1 TBLSP of avocado oil in a large, heavy-bottomed frying pan over medium-high heat.
3. Add the eggs, cover, and cook about 1 minute.
4. Transfer the cooked eggs to a cutting board, roughly chop, and set aside.
5. Add the remaining avocado oil to the pan and heat over medium-high heat.
6. Remove the chicken pieces from the marinade and add them to the pan, stirring continuously to brown evenly. Reserve the marinade.
7. Add the mushrooms and sauté until they begin to brown and shrink down a bit, about 3 minutes.
8. Add half of the coleslaw then mix and stir.
9. Add reserved marinade, stir until it comes to a boil.
10. Add the bean sprouts, white parts of scallions, stir.
11. Add the rest of the coleslaw mix, the cooked eggs, and the green parts of the scallions, stir.
12. Season with salt and pepper according to taste.
13. Spoon into bowls and serve.

Recap of Last Year's November 2024 Chapter Dinner Meeting



The last member's meeting of the prior year was held on Wednesday, November 20th, 2024. The guest speaker for the evening was the Great Dismal Swamp Wildlife Refuge's (GDSWR) Biologist Susan Stanley.

Susan's presentation started with an overview of the GDSWR and its history. She described specific aspects of the various habitat management activities undertaken to ensure diversity of not only plants but also animals including beavers, bears, birds, moles, snakes, lizards, and salamanders, to name a few. As Susan wrapped up her presentation, she noted that the swamp "isn't dismal at all".

For the full news article, see the article entitled [November 2024 Members Meeting](#) under the News menu on our chapter website.

Build a Birdhouse Members-Only Youth Activity at Chapter Park Scheduled for Saturday, March 22nd

Message from Chris Trimpey, Board Member/Youth Program Coordinator

The Youth Program will hold the first ever "Build a Birdhouse" activity at the park on **Saturday March 22nd from 10am-12pm**. The event is limited to S-N IWLA Chapter Members' children/grandchildren ages 5-12 years old; there is a limit of 20 children. Please contact Mrs. Claudia Powell who is leading this event at email: powelcje@gmail.com if you want to sign-up to participate. There is no cost for children/families to participate in this event.

New! For Member's Only - How to Add the Chapter Calendar Into Your Personal Google Calendar

Upon popular request we've created a link to allow our Chapter Members to add the S-N IWLA Chapter's online calendar of events into their own personal Google calendar so that they can see at a glance upcoming chapter events intermingled with their own personal ones.

To get setup, click on [Members-Only](#), then select submenu item "Add Chapter Calendar Into Your Personal Google Calendar" to view detailed instructions (as posted under our password-protected chapter website Members-Only menu).

If you have any difficulty, or have questions, please send an email to the Webmaster at webmaster@sniwla.org for assistance.

IWLA National Publication Conservation Currents News Excerpt Summary

*Message from Janette Rosenbaum,
IWLA National Strategic Communications Manager*

Happy new year! Fresh off our victories from 2024 - which included protecting drinking water, advocating for grasslands, and welcoming three new chapters - we're already hard at work refining our priorities and action plans for 2025. This month, we're helping even more people become aware of proper salt storage practices, correct salting rates, and other important salt-related considerations. We're a partner on Winter Salt Awareness Week, a national initiative to educate people about road salt pollution and what they can do to help.

Despite strong advocacy from the conservation community, farm country, and many more, Congress did not pass a new Farm Bill in 2024. Instead, lawmakers spent the last weeks of the session negotiating a one-year extension of the 2018 bill. That funds key conservation programs through September 30, 2025 - but it does not strengthen those programs with roughly \$14 billion that could have been invested to put

more conservation on the ground across millions of acres nationwide. That opportunity was seriously discussed and had support on both sides of the political aisle, but disappointingly, it did not come to fruition. For more information about the Farm Bill see <https://www.iwla.org/soils-agriculture/national-priorities>. You can read the League's statement on the Farm Bill extension at <https://izaakwaltonleagueofamerica.cmail20.com/t/i-l-ftuilkl-jjujxkriu-h/>.

The League's policy priorities for 2025 and the 119th Congress feature common-sense solutions addressing water pollution, climate change, fish and wildlife habitat conservation and restoration, and environmental impacts on human health. These policies are supported by the majority of Americans from both political parties, and they will be a focal point for League grassroots advocacy this year. Wherever you are this week, stay safe. And however you want to engage in our shared mission of environmental preservation and outdoor recreation, thanks for being part of our conservation community.

[forward to a friend](#)

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